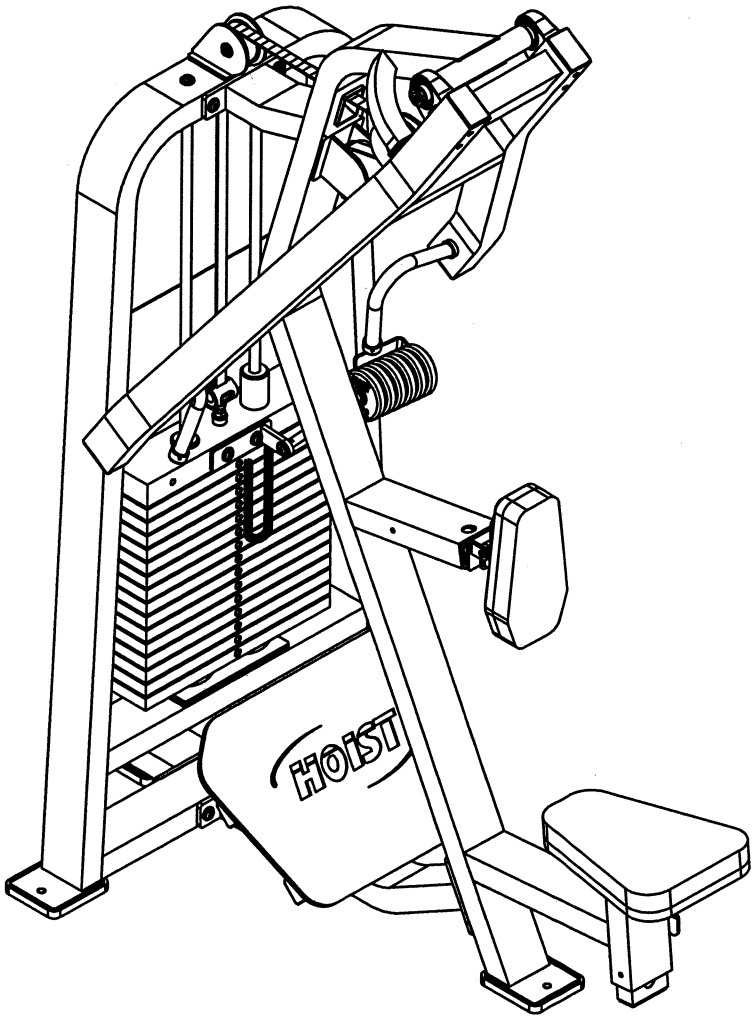
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

CL2203



AUGUST, 2002

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

OWNERS MANUAL

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Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems. first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Standard Allen Wrench Set
(5/64" Thru 1/4")

Socket Wrench
(7/16", 1/2", 9/16", & 3/4")

Belt Tensioning Wrench
(Hoist Tool SM374)

Crescent Wrench

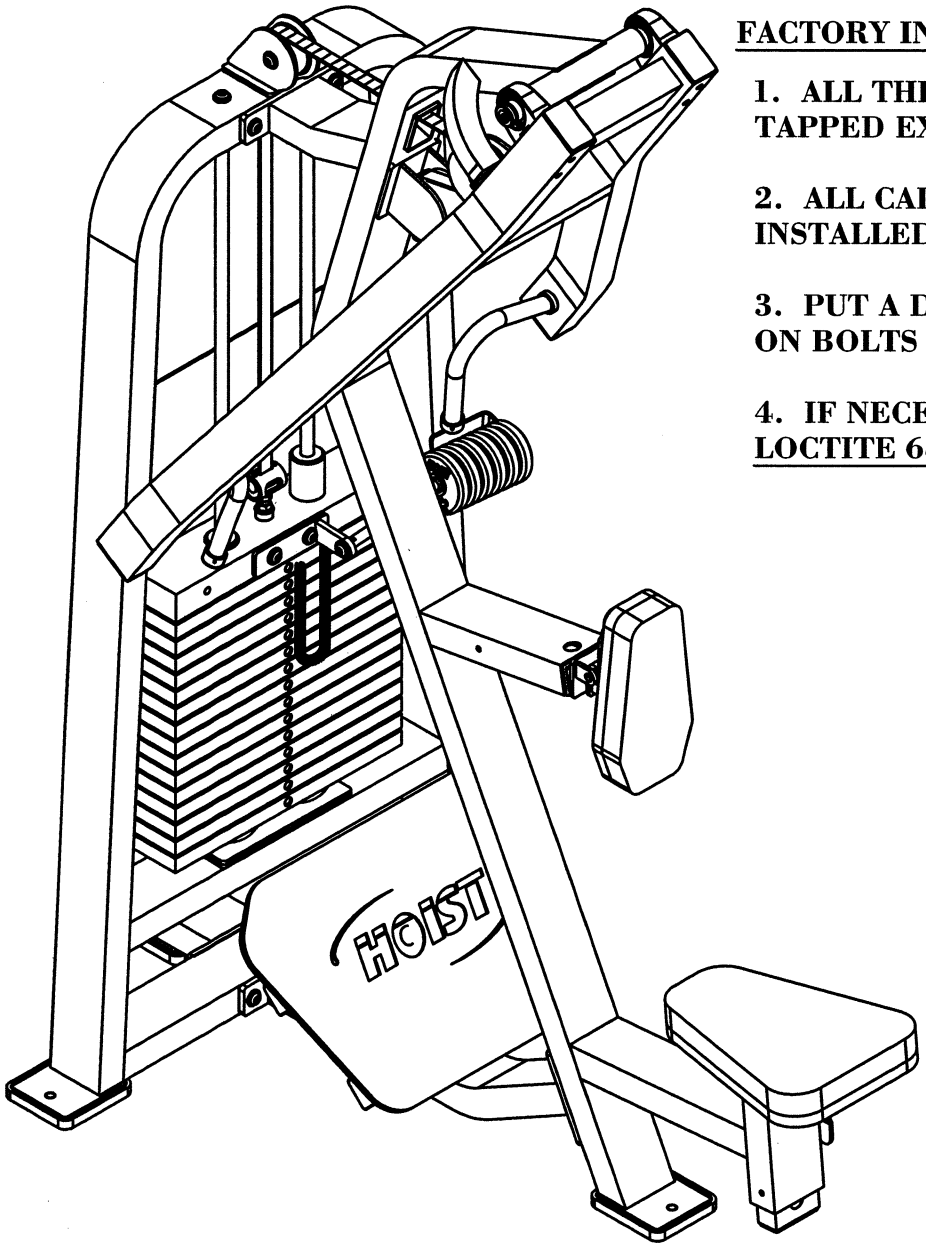
Rubber Mallet

Tape Measure

OWNERS MANUAL

Step 2

FRAME ASSEMBLY



FACTORY INSTALLATION INSTRUCTION ONLY

1. **ALL THREADED HOLES SHOULD BE TAPPED EXCEPT INSERTS.**

2. **ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE AND ASSEMBLY.**

3. **PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.**

4. **IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.**

Step 2a

FRAME ASSEMBLY

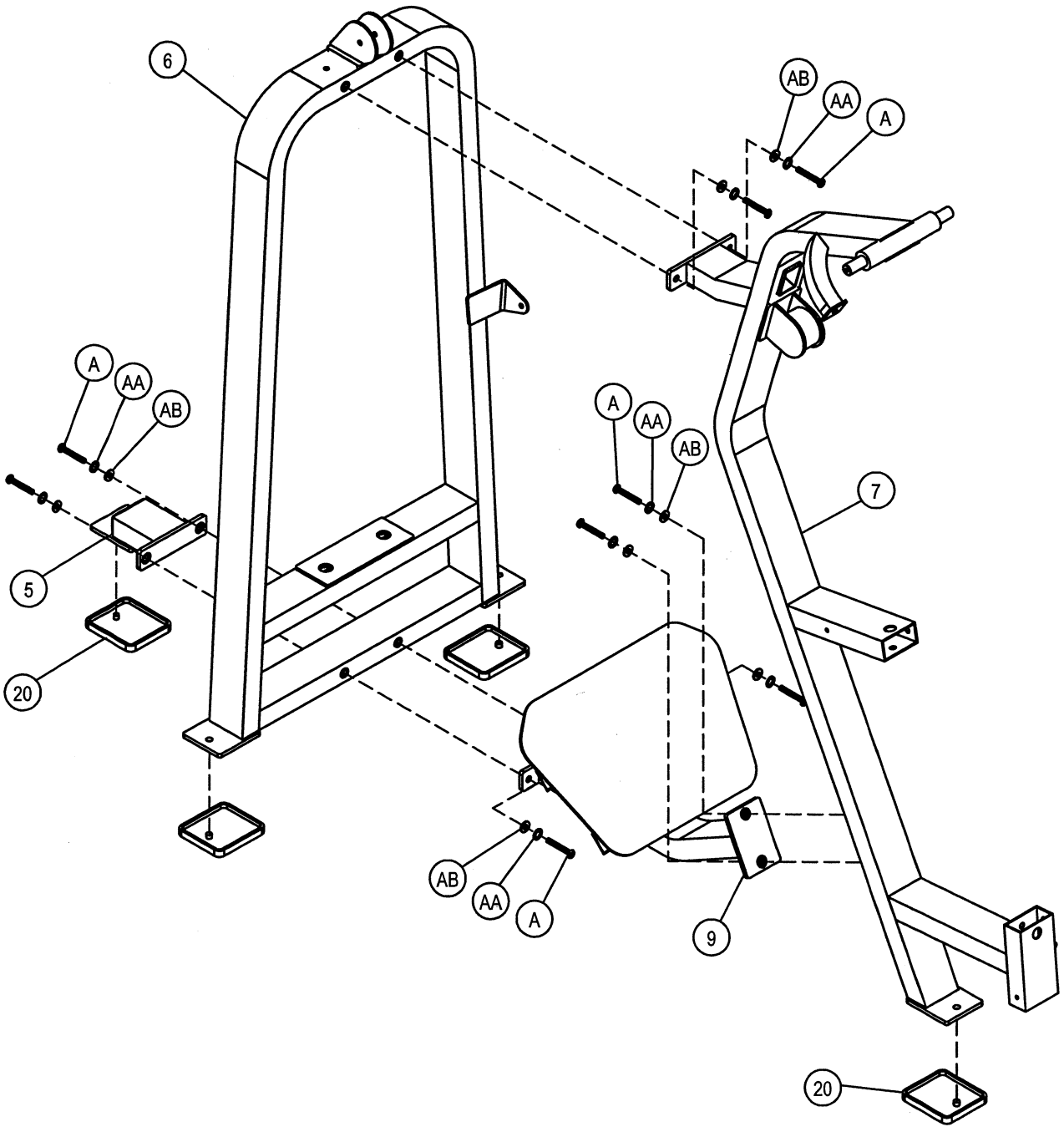
In this step start by attaching (5) to (6) and then attach (9) to (6). Next, attach (7) to (6) and (9). *Hand tighten* bolts only, they will be tightened later. Lift machine to position (20)'s.

Part Descriptions

5 - Support Stabilizer Assy.
6 - Weight Cage Assy.
7 - Seated Frame Assy.
9 - Foot Rest Assy.
20 - Rubber Foot Pad

Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)
AA - 1/2" Lock Washer (WZ)
AB - 1/2" Flat Washer (WZ)


6
AB
AA
A
A
AA
AB
7
5
20
A
AA
AB
AB
AA
A
9
20

Step 2b

FRAME ASSEMBLY

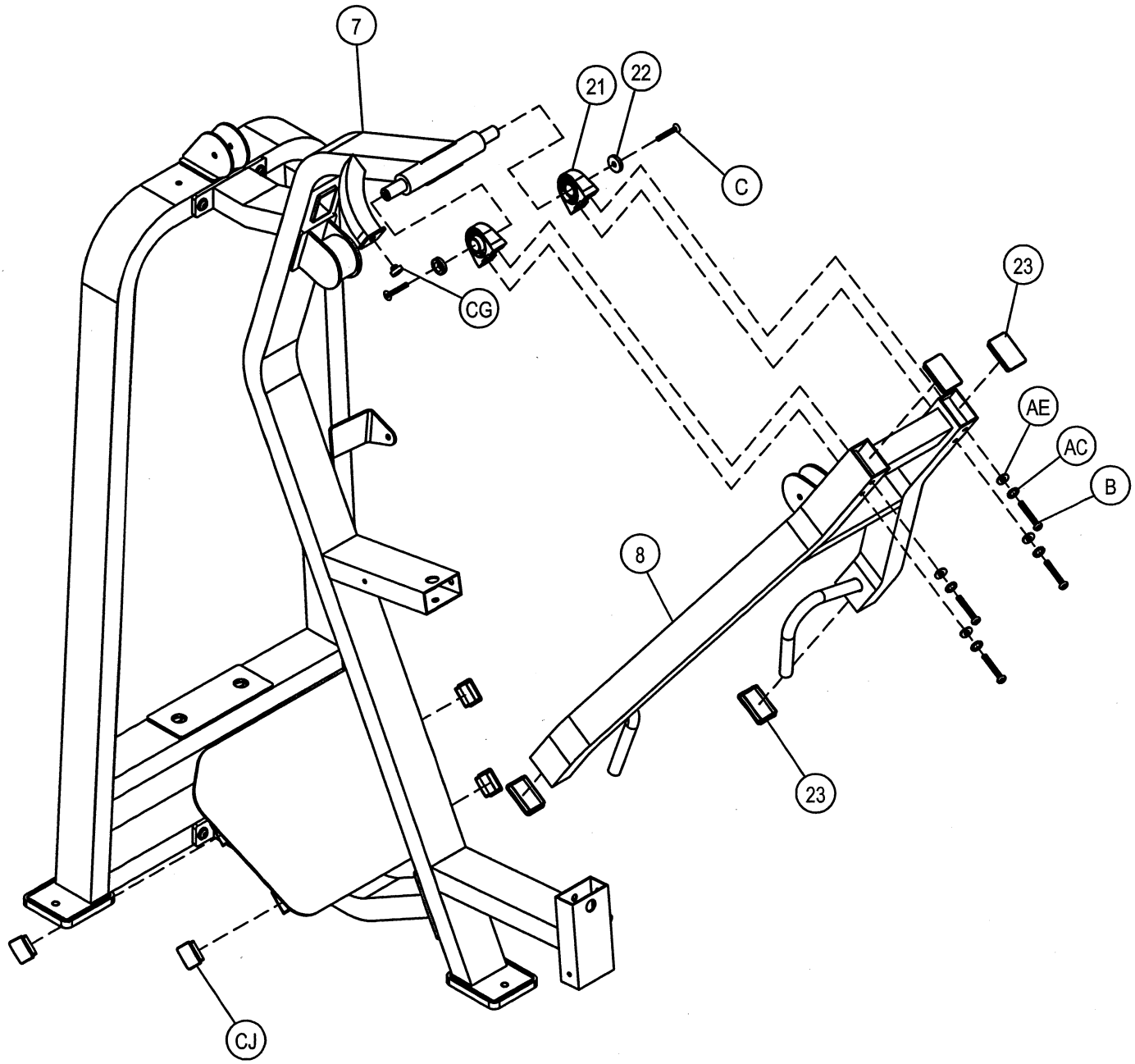
In this step start by pushing (CG) into (7). Next slide (21)'s on both sides of (7) and secure to (8). Insert all end caps as shown. *Hand tighten* bolts only, they will be tightened later.

Part Descriptions

7 - Seated Frame Assembly
8 - Lat Arm Assy.
21 - Pillow Block Bearing
22 - Ø1.34 x .563" Flat Head Cap
23 - 2" x 3" End Cap (VH)

Hardware Descriptions

B - 3/8"-16 x 3 1/2" BHS (WZ)
C - 3/8"-16 x 1" FHS (WZ)
AC - 3/8" Lock Washer (WZ)
AE - 3/8" Flat Washer (WZ)
CG - Ø1" Plug Bumper
CJ - 2" x 2" End Cap


7
21
22
C
CG
23
AE
AC
B
8
23
CJ

Step 2c

FRAME ASSEMBLY

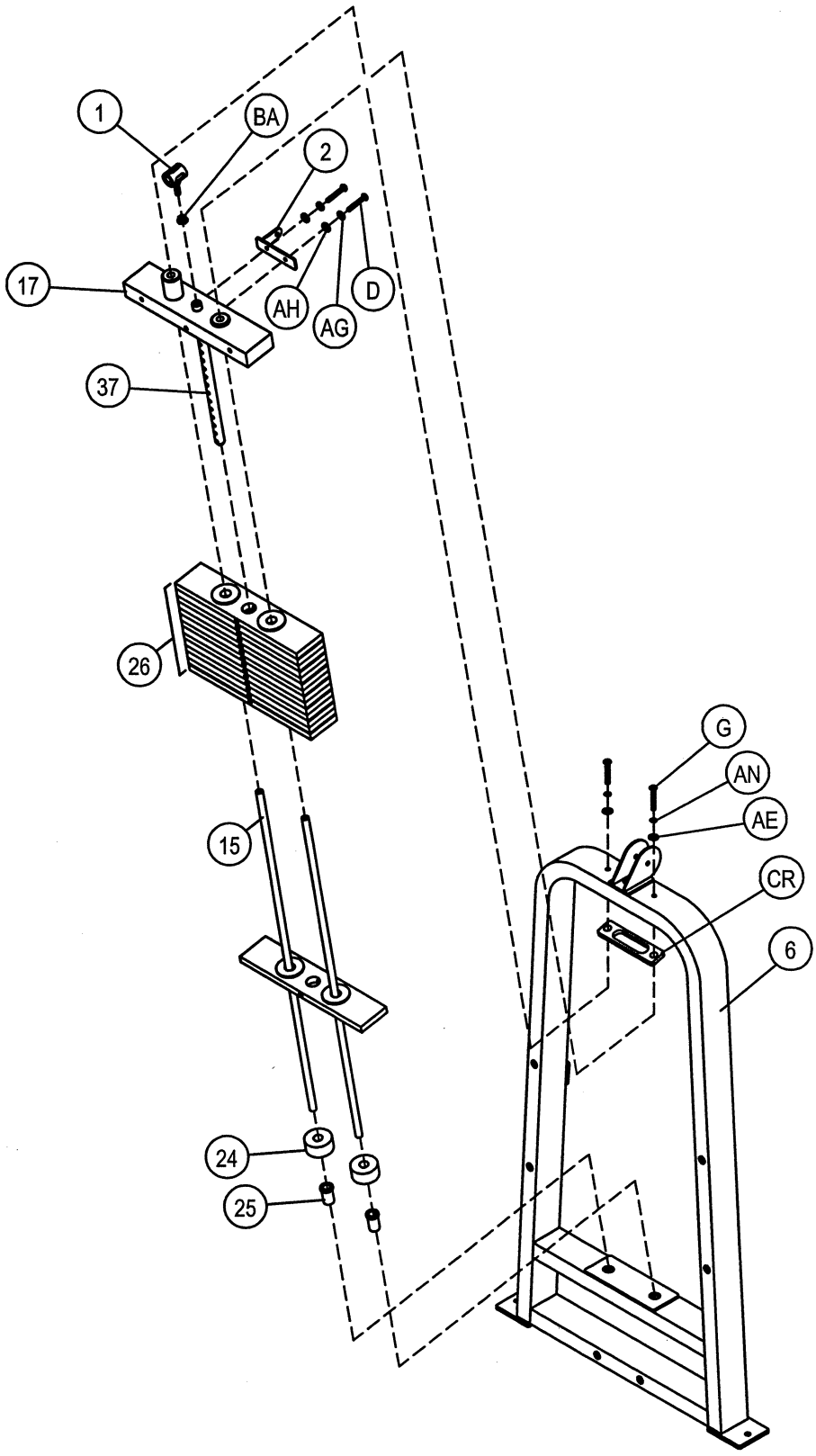
In this step start by pressing two (25)'s into (6). Take (24)'s and place them over (25)'s. Next slide (15)'s onto (24)'s and (25)'s. Make sure to lube (15)'s with Teflon based lubricant (superlube). Tilt (15)'s about 10 degrees outward from the weight cage (6). Now slide (26)'s one by one onto (15)'s. Once all (26)'s are placed add (17). Place (CR) on top of (15)'s and then tilt (15)'s back to a vertical position and make sure (15)'s, (26)'s, and (17) are sitting level. Attach (15)'s to (6) from the top as shown. Next attach (2) to (17) and attach (1) to (37). *Wrench tighten* bolts including all previously hand tightened bolts.

Part Descriptions

1 - Belt Anchore Adjustable
2 - Center RH BRK (add on)
6 - Weight Cage Assy.
15 - Guide Rod
17 - 41 lb. Steel Top Plate
24 - Weight Bumper
25 - Guide Rod Bushing
26 - 20 lb. Intermediate Weight
37 - 16 Holes Weight Stem

Hardware Descriptions

D - 5/16"-18 x 1" BHS (BZ)
G - 3/8"-16 x 2 3/4" BHS (WZ)
AE - 3/8" Flat Washer (WZ)
AG - 5/16" Lock Washer (BZ)
AH - 5/16" Flat Washer (BZ)
AN - 3/8" Split Washer (WZ)
BA - Serrated Hex Nut (WZ)
CR - Guide Rod Mount


1
BA
2
17
AH
AG
D
37
26
G
AN
AE
CR
6
15
24
25

Step 2d

FRAME ASSEMBLY

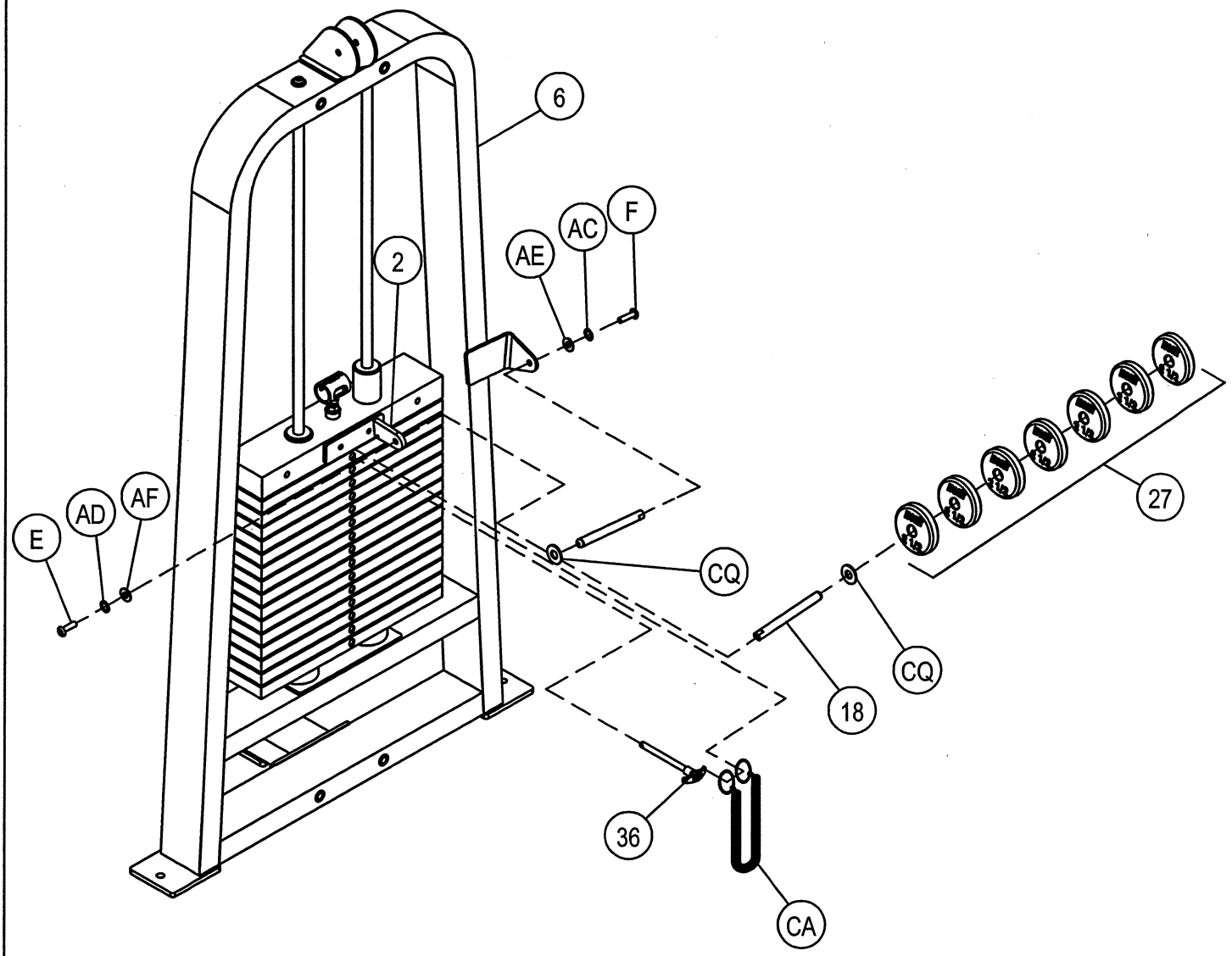
In this step start by attaching (18) to (6) then slide (CQ) and (27)'s onto (18). Next attach another (18) to (2) and then slide (CQ) onto (18). Attach the bigger end of (CA) to (2) and the other end to (36). *Wrench tighten* bolts including all previously hand tightened bolts.

Part Descriptions

2 - Center RH BRK (Add-On)
6 - Weight Cage Assy.
18 - Add On Rod
27 - 2 1/2" lbs. Add On Weight
36 - Weight Selector Pin

Hardware Descriptions

E - 3/8"-16 x 1" BHS (BZ)
F - 3/8"-16 x 1" BHS (WZ)
AC - 3/8" Lock Washer (WZ)
AE - 3/8" Flat Washer (WZ)
AD - 3/8" Lock Washer (BZ)
AF - 3/8" Flat Washer (BZ)
CA - Selector Pin Lanyard
CQ - Plastic Washer


6
2
AE
AC
F
E
AD
AF
CQ
27
CQ
18
36
CA

Step 2d

FRAME ASSEMBLY

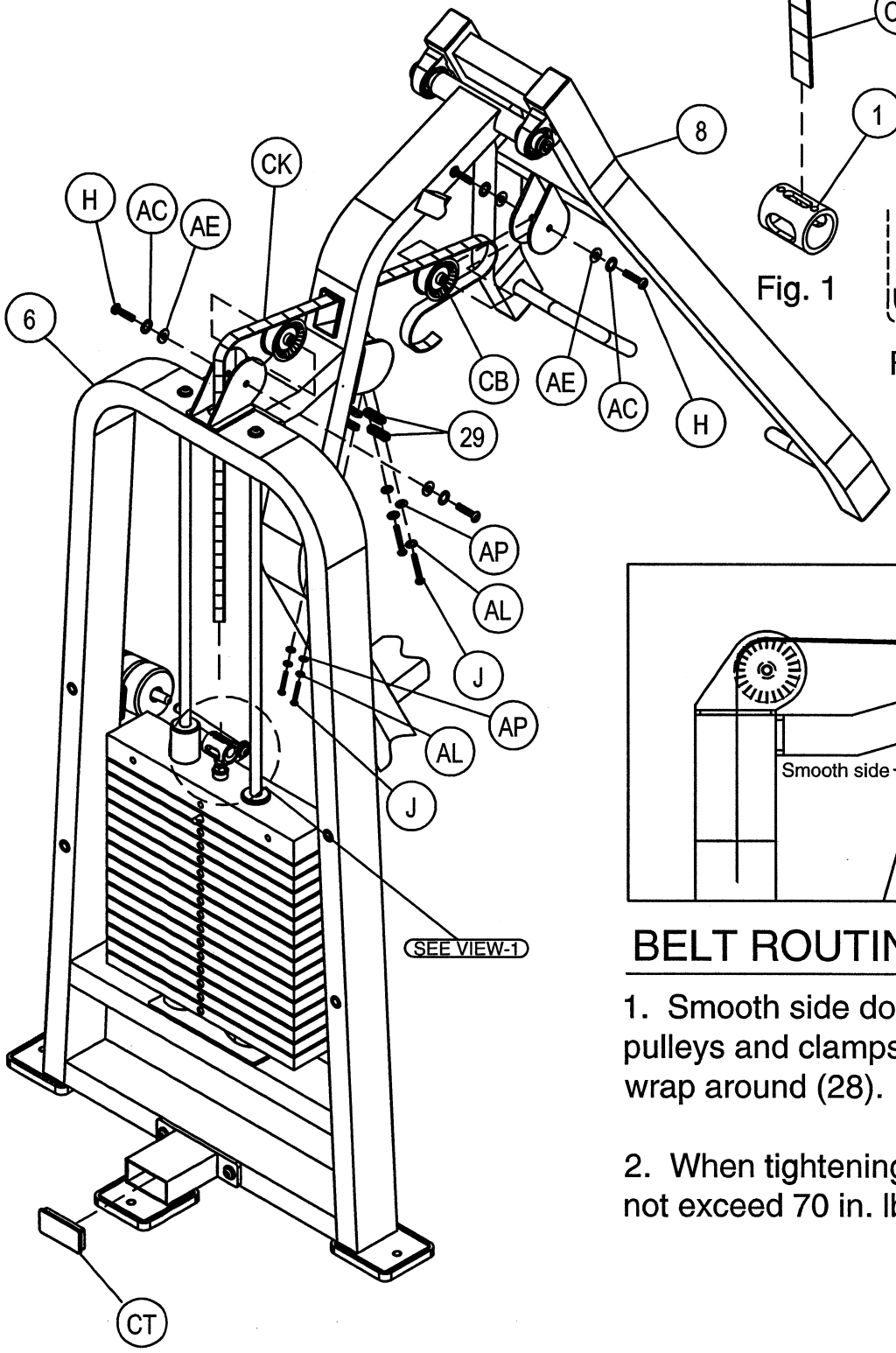
In this step start by attaching (CB)'s to (6) and (8). Next shown in View-1 (Fig.1), slide (CK) into the top slot of (1). Fig.2 loop the end of (CK) and feed it back up through the slot, keeping the loop open. Fig.3 slide (28) through (CK) then align the holes and secure to (1). Next, attach the belt by bringing it up through the top hole of (6). Make sure (CK) smooth side is contacting the surface of (CB)'s. See belt routing procedure on page 14 for loop clarity. *Wrench tighten* bolts.

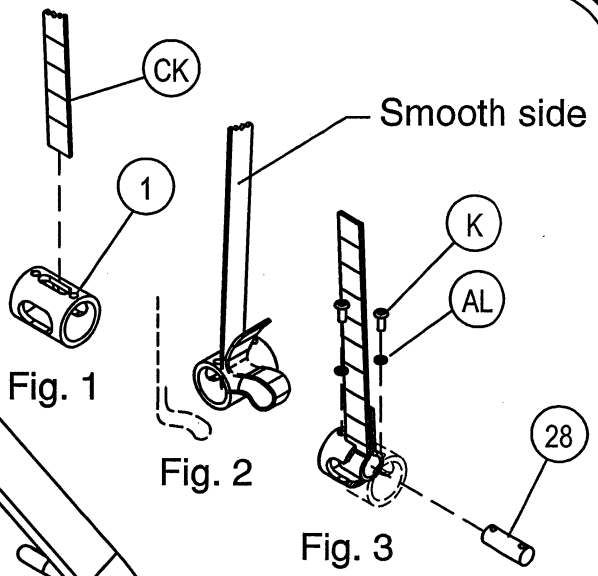
Part Descriptions

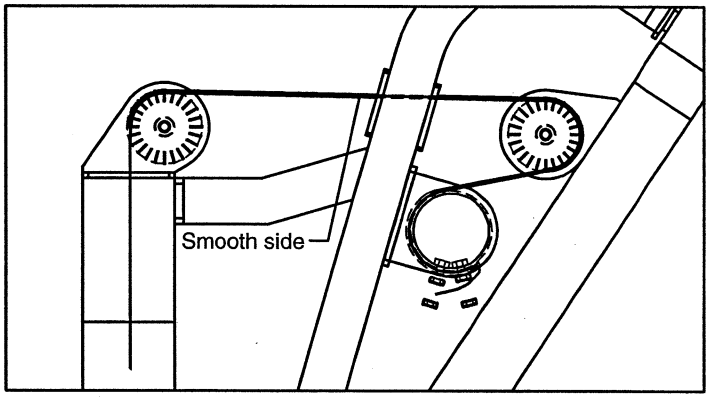
1 - Belt Anchor Adjustable
6 - Weight Cage Assembly
8 - Latorial Arm Assembly
28 - Belt Anchor Shaft
29 - Belt Clamp

Hardware Descriptions

H - 3/8"-16 x 3/4" BHS (WZ)
J - 1/4"-20 x 1 1/2" SHS (BZ)
K - 1/4"-20 x 1" BHS (BZ)
AC - 3/8" Lock Washer (WZ)
AE - 3/8" Flat Washer (WZ)
AL - 1/4" Lock Washer (BZ)
AP - 1/4" Split Washer (BZ)
CB - 3 1/4" Pulley
CK - Belt (1/8" x15/16" x 120" lg.)
CT - 2" x 4" End Cap (HH)







BELT ROUTING PROCEDURED

1. Smooth side down always for two top pulleys and clamps. Smooth side to wrap around (28).

2. When tightening (29)'s to the belt do not exceed 70 in. lbs.

Step 2f

FRAME ASSEMBLY

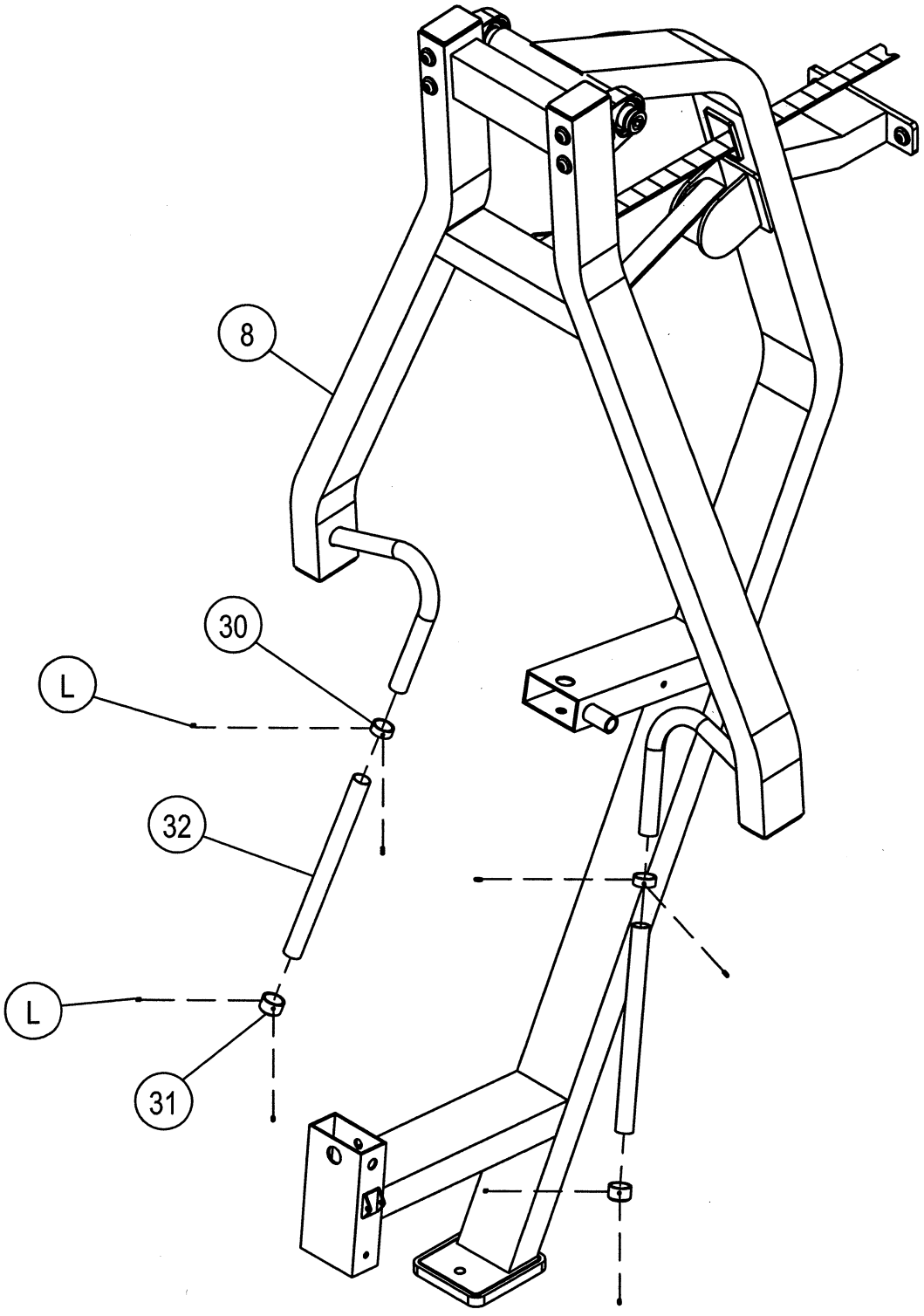
In this step start with one side of the handle by sliding (30) onto (8) handle. Next slide (32) onto the handle followed by (31). Once all three pieces are placed, secure (31). Next slide (32) back to flush with (31). Now slide (30) back to flush with (32) and secure. Apply the same procedure for the other handle. *AllenWrench tighten* bolts.

Part Descriptions

8 - Latorial Arm Assembly
30 - Aluminum Ring
31 - Aluminum Cap
32 - 12" lg. Rubber Grip

Hardware Descriptions

L - 10-32 x 1/8" Set Screw


8
30
L
32
L
31

Step 2g

FRAME ASSEMBLY

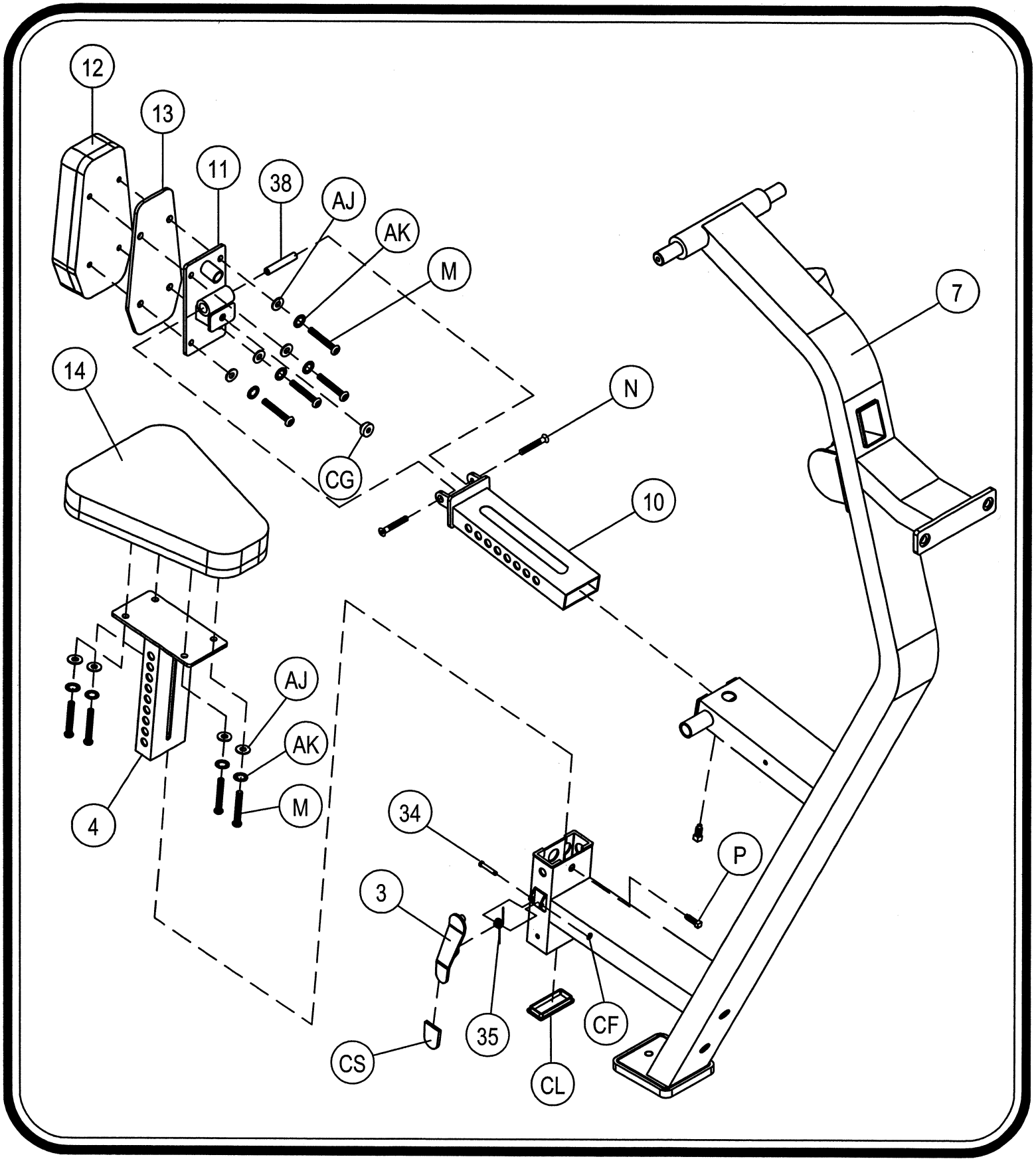
In this step start attaching (3) to (7) by sliding (34) through the mount of (3) and the center hole spiral spring (35). Now secure it with (CF). Make sure (35) have resistance spring tension between (3) and (7) when pushed on the bottom end of (3). Next attach (4) to (14) and slide (4) into (7). Cap the end of (4) with (CL). Slide (4) into (7) until (3) snaps into the location holes of (4). Next screw (P) into (7) to secure (4). For the upper chest upholstery, attach both (12) and (13) to (11). Next slide (38) into (11) and attach (10) to (11). Slide (10) into (7) until (3) snaps into the location holes of (10). Next screw (P) into (7) to secure (10). Insert (CS)'s onto (3)'s to complete assembly. *Wrench tighten* bolts.

Part Descriptions

3 - Latch Assembly
4 - Seat Adjuster Assembly
7 - Seated Frame Assembly
10 - Chest Chrome Assembly
11 - Pivoting chest Assembly
12 - Chest Upholstery Assembly
13 - Chest Upholstery Backing
14 - Seat Upholstery Assembly
34 - Ø.50 x 2.94 crs Shaft
35 - Adjuster Spring
38 - Ø0.50" x 2.94" Shaft

Hardware Descriptions

M - 5/16"-18 x 1 1/4" BHS (WZ)
N - 1/4"-20 x 1" FHS (WZ)
P - Square Head Set Screw
AJ - 5/16" Flat Washer (WZ)
AK - 5/16" Lock Washer (WZ)
CF - C-Clip
CG - Plug bumper
CL - 1 1/2" x 3 1/2" End Cap
CS - Rubber Thumb Pad


12
13
11
38
AJ
AK
M
14
CG
N
10
7
AJ
AK
M
4
34
3
P
35
CS
CL
CF

Step 2h

FRAME ASSEMBLY

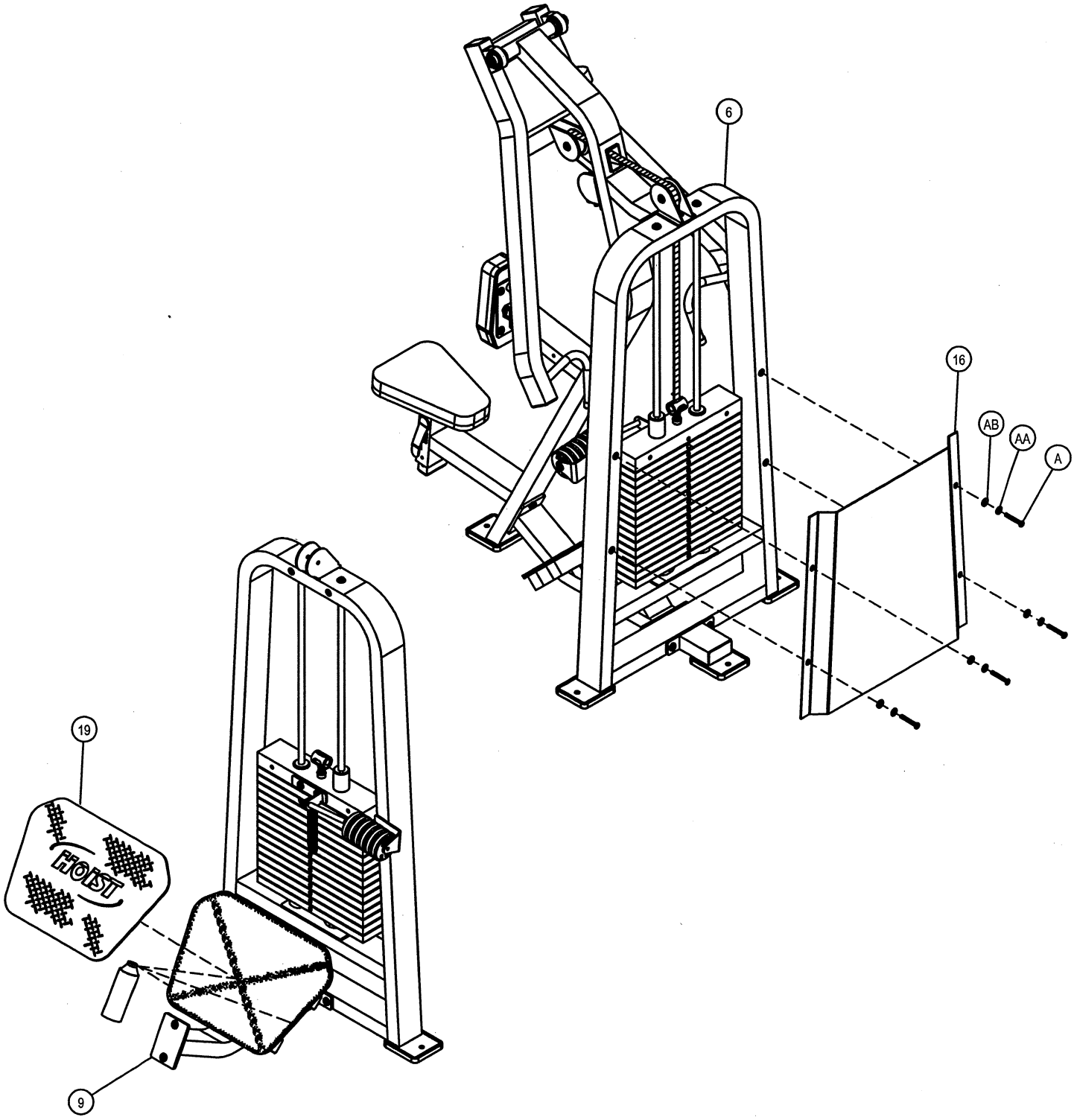
In this step use a spray can of Touch & Stick by spraying the outer edge and an "X" pattern to (9). Spray the same procedure onto the back of (19). Next place (19) onto (9) and attach (16) to (6). *Wrench tighten* bolts.

Part Descriptions

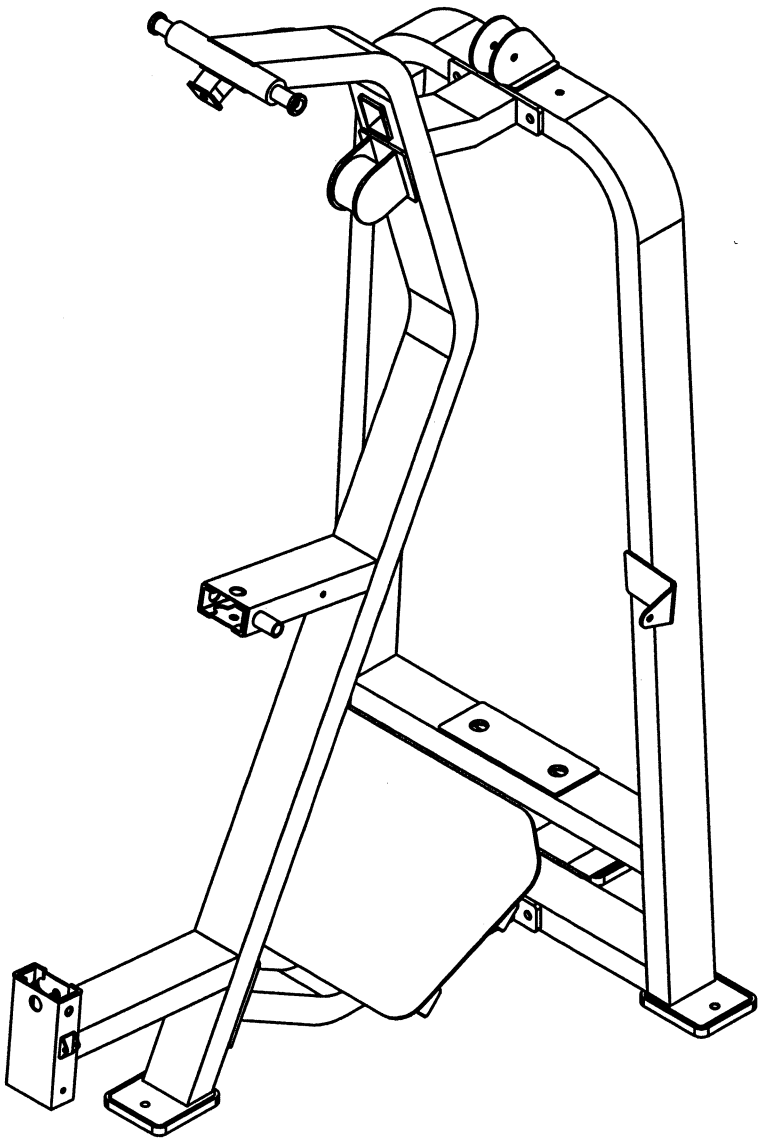
6 - Weight Cage
9 - Foot Rest Assembly
16 - Shield
19 - Foot Plate Pad

Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)
AA - 1/2" Lock Washer (WZ)
AB - 1/2" Flat Wahser (WZ)


6
16
AB
AA
A
19
HOIST
9

PRE-ASSEMBLY



Step 3a

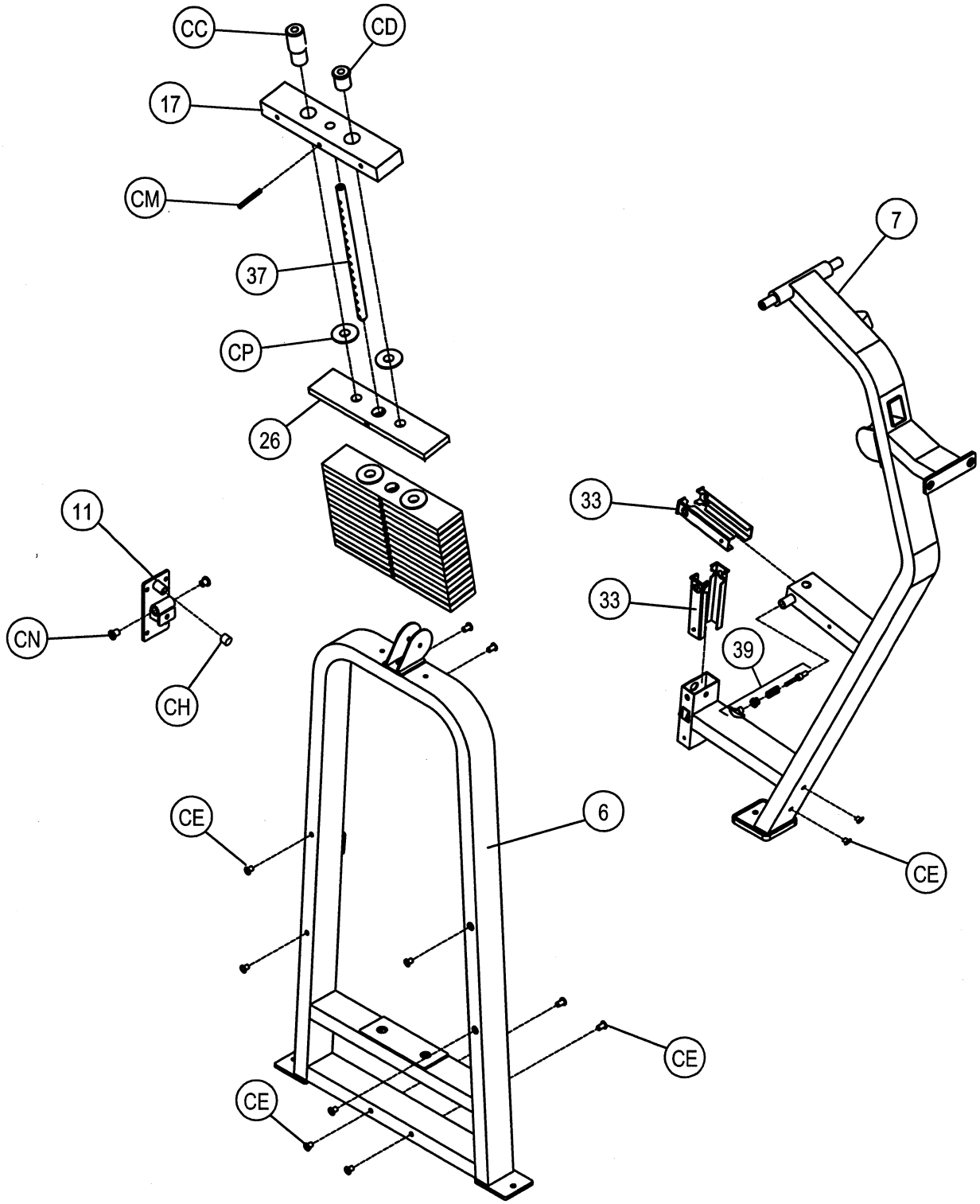
PRE-ASSEMBLY

Part Descriptions

6 - Weight Cage Assembly
7 - Seated Frame Assembly
11 - Pivoting Chest Assembly
17 - 41 lbs. Aluminum Top Weight
26 - 20 lbs. Intermediate Weight
33 - EZ Glide Sleeve
37 - 16 Holes Weight Stem
39 - 1/2" Short Pullpin (Hex Head)

Hardware Descriptions

CC - Tall Guide Bearing
CD - Short Guide Bearing
CE - 1/2" Insert
CH - Rubber End Cap
CM - Open Roll Pin
CN - 1/2" Flange Oilite
CP - Intermediate Weight Plate Bushing


CC
CD
17
CM
37
CP
26
11
CN
CH
7
33
33
39
CE
6
CE
CE
CE

PART LISTING

Key#	Qty.	Part Number	Description
1	1	026-01X0145	Belt Anchor Adjustable
2	1	026-01X0155	Center RH BRK (Add-On)
3	1	026-01X0158	Latch Assembly
4	1	026-01X0162	Seated Frame Assembly
5	1	026-01X0632	Support Stabilizer Assembly
6	1	026-01X0677	Weight Cage Assembly
7	1	026-01X0678	Seated Frame Assembly
8	1	026-01X0679	Latorial Arm Assembly
9	1	026-01X0680	Foot Rest Assembly
10	1	026-01X0681	Chest Chrome Assembly
11	1	026-01X0682	Pivoting chest Assembly
12	1	26-STD-SU5616412	Chest Pad Assembly
13	1	26-STD-SUB57161112	Seat Pad Backing
14	1	26-SU121412	Seat Pad Assembly
15	2	026-01G0147	52" Guide Rod
16	1	026-01100065	Shield
17	1	26-STD-SWTOP11	41 lbs. Aluminum Top Weight
18	2	026-01M0295	Add On Rod
19	1	026-01PL219	Foot Plate Pad
20	4	026-01PL195	Rubber Foot Pad
21	2	026-01M0297	Pillow Block Bearing
22	2	026-01M0407	Ø1.34 x .563" Flat Head Cap
23	4	026-01PL192RV	2" x 3" End Cap (VH)
24	2	026-01PL201	Weight Bumper
25	2	026-01PL134	Guide Rod Bushing
26	15	026-01W0104	20 lbs. Intermediate Weight
27	7	026-1300024	2.50 lbs. Add On Weight
28	1	026-01M0294	Belt Anchor Shaft
29	4	026-01P0467	Serrated Clamp
30	2	026-01M0324	Ø1.25"Aluminum Ring
31	2	026-01M0323	Ø1.25" Aluminum Cap
32	2	026-01PL206-11	12" lg. Rubber Grip
33	4	026-01PL125	EZ Glide Sleeve
34	1	026-01M0309	Ø0.50" x 1.55" Shaft
35	1	026-01M0503	Adjuster Spring
36	1	026-01M0134	Weight Selector Pin
37	1	26-STD-SW111	16 Holes Weight Stem
38	1	026-01M0379	Ø0.50" x 2.94" Shaft
39	1	026-01X0185	1/2" Short Pullpin (Hex Head)

HARDWARE LISTING

Key#	Qty.	Part Number	Description
A	12	011-0101047	1/2"-13 x 1 1/2" BHS (WZ)
B	4	011-0101028	3/8"-16 x 3 1/2" BHS (WZ)
C	2	011-0002042	3/8"-16 x 1" FHS (WZ)
D	2	011-0201006	5/16"-18 x 1" BHS (BZ)
E	1	011-0201003	3/8"-16 x 1" BHS (BZ)
F	1	011-0101026	3/8"-16 x 1" BHS (WZ)
G	2	011-0101016	3/8"-16 x 2 3/4" BHS (WZ)
H	4	011-0101041	3/8"-16 x 3/4" BHS (WZ)
J	4	011-0501002	1/4"-20 x 1 1/2" SHS (BZ)
K	2	011-0301029	1/4"-20 x 1" BHS (BZ)
L	8	011-031100	#10-32 Set Screw
M	8	011-0101062	5/16"-18 x 1 1/4" BHS (WZ)
N	2	011-0102006	1/4"-20 x 1" FHS (WZ)
P	2	011-0311013	Square Head Set Screw
AA	12	013-0302014	1/2" Lock Washer (WZ)
AB	12	013-0102003	1/2" Flat Washer (WZ)
AC	9	013-0102022	3/8" Lock Washer (WZ)
AD	1	013-0206003	3/8" Lock Washer (BZ)
AE	11	013-0002004	3/8" Flat Washer (WZ)
AF	1	013-0202004	3/8" Flat Washer (BZ)
AG	2	013-0106002	5/16" Lock Washer (BZ)
AH	2	013-0202003	5/16" Flat Washer (BZ)
AJ	8	013-0002001	5/16" Flat Washer (WZ)
AK	8	013-0102021	5/16" Lock Washer (WZ)
AL	2	013-0206001	1/4" Lock Washer (BZ)
AM	4	013-0202002	1/4" Flat Washer (BZ)
AN	2	013-0102020	3/8" Split Washer (WZ)
AP	4	013-0006006	1/4" Split Washer (BZ)
BA	1	012-0202001	Serrated Hex Nut
CA	1	010-0008004	Selector Pin Lanyard
CB	2	018-0002001	3 1/4" Pulley
CC	1	014-0009005	Tall Guide Bearing
CD	1	014-0009006	Short Guide Bearing
CE	12	014-0014001	1/2" Insert
CF	1	014-0015001	C-Clip
CG	2	19-PAD-INT	Plug Bumper
CH	1	16-PAD-INT	Rubber End Cap
CJ	4	16-CAP-22	2" x 2" End Cap
CK	1	015-0002002	120" lg. Belt
CL	1	026-01PL231	1 1/2" x 3 1/2" End Cap
CM	1	30-RPN-7163	7/16" x 3" Open Roll Pin
CN	2	14-OIL-12F	1/2" Flange Oilite
CP	30	26-STD-SW122	Intermediate Weight Plate Bushing
CQ	2	026-0602003	Plastic Washer
CR	1	026-01PL268	Guide Rod Mount
CS	1	026-01PL239	Rubber Thumb Pad
CT	1	026-01PL187RH	2" x 4" End Cap (HH)

ABBREVIATION LISTING

BZ = Black Zinc

HH = Horizontal "H"

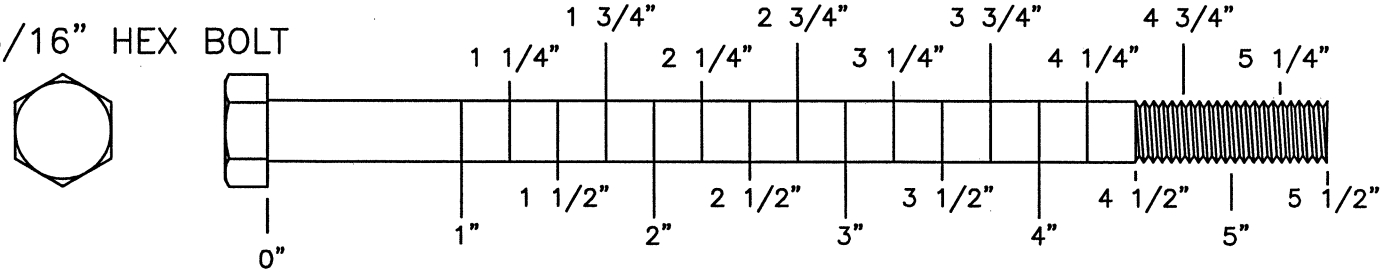
WZ = White Zinc

FHS = Flat Head Screw

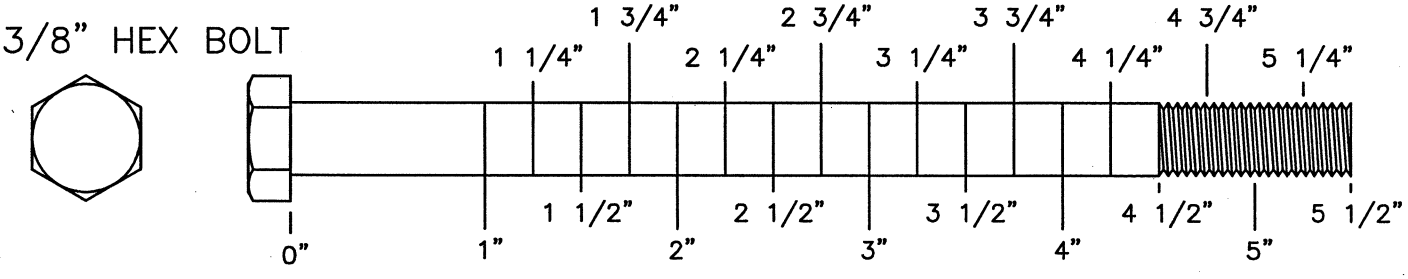
BHS = Button Head Screw

SHS = Socket Head Screw

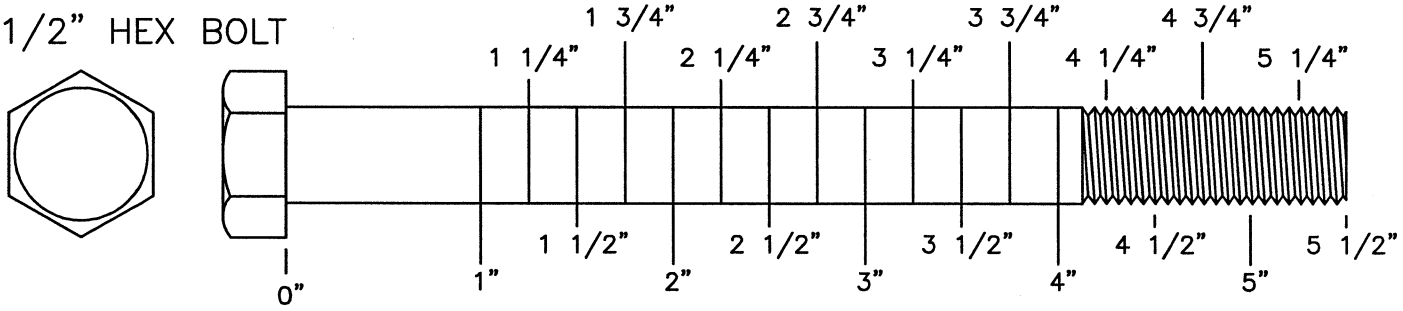
5/16" HEX BOLT



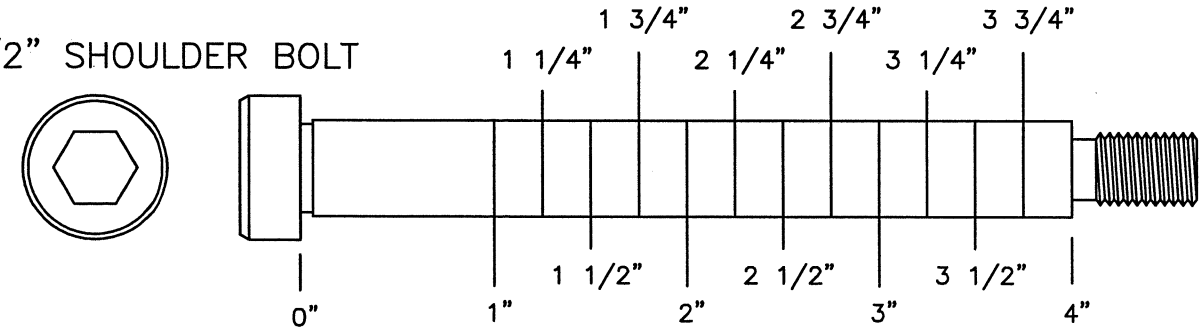
3/8" HEX BOLT



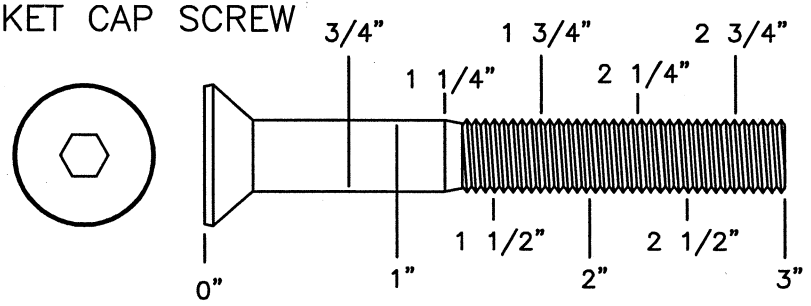
1/2" HEX BOLT



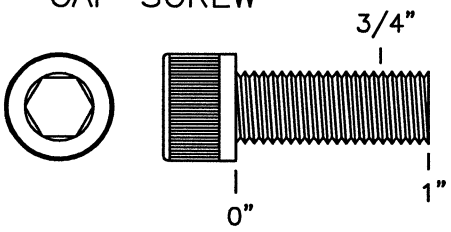
1/2" SHOULDER BOLT



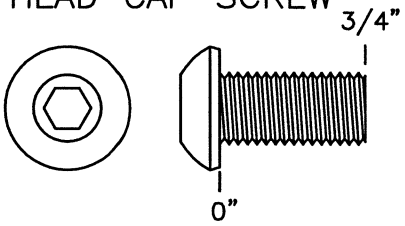
3/8" FLATHEAD
SOCKET CAP SCREW



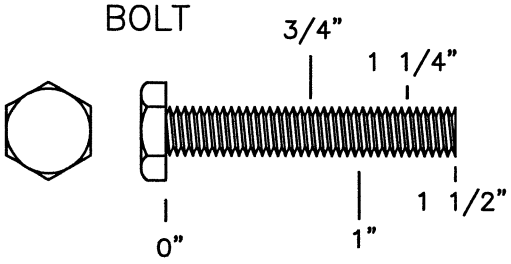
3/8" SOCKET
CAP SCREW



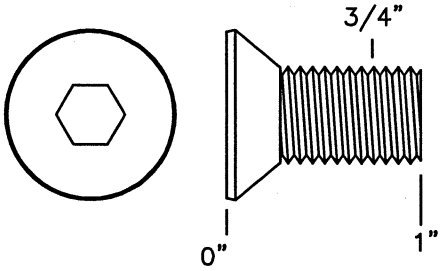
3/8" BUTTON
HEAD CAP SCREW



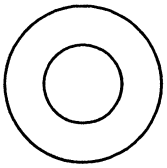
1/4" HEX
BOLT



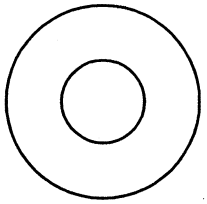
1/2" FLATHEAD
SOCKET CAP SCREW



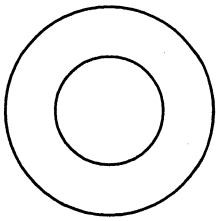
5/16"
FLAT WASHER
LARGE, USS, 25mm



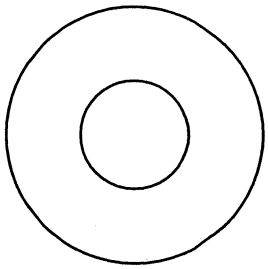
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm

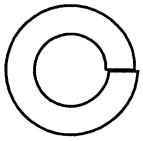


1/2"
FLAT WASHER
LARGE, USS, 34mm

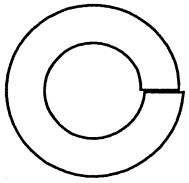


1/4"
LOCK WASHER

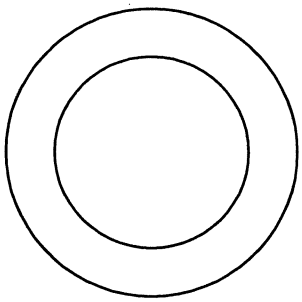
3/8"
LOCK WASHER



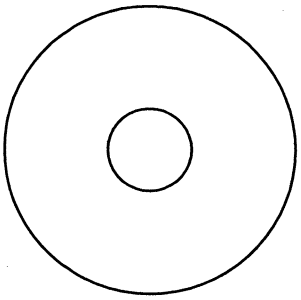
1/2"
LOCK WASHER



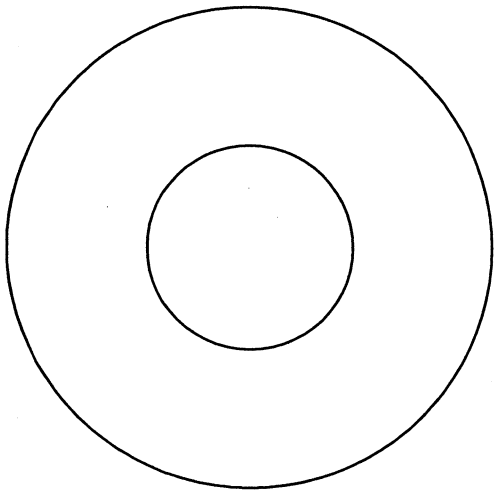
1" SHIM WASHER



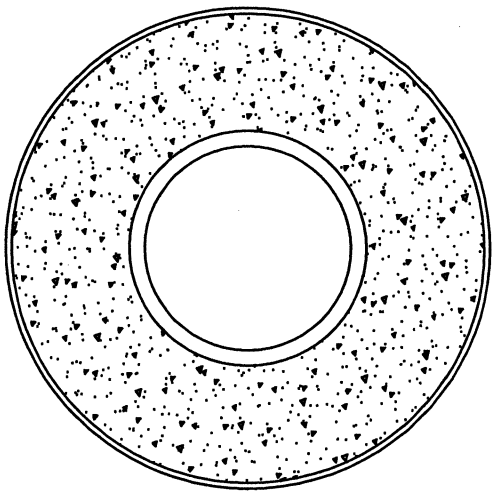
3/8" FENDER WASHER



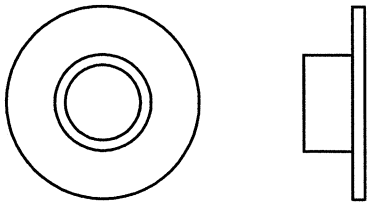
1 1/16"
FENDER WASHER



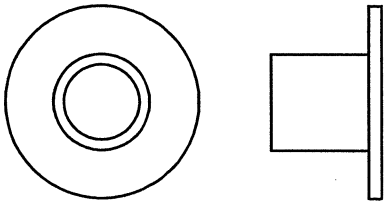
PLASTIC 1 1/16"
FENDER WASHER



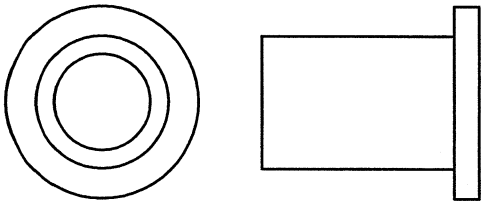
1/4" LONG
FLANGED SPACER



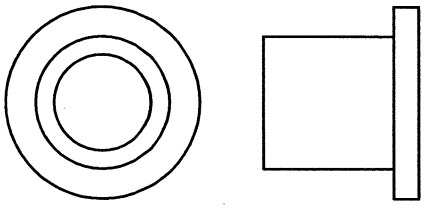
1/2" LONG
FLANGED SPACER



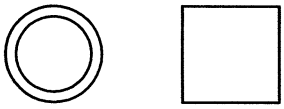
1/4" LONG HEAVY
FLANGED SPACER



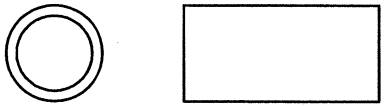
11/16" LONG HEAVY
FLANGED SPACER



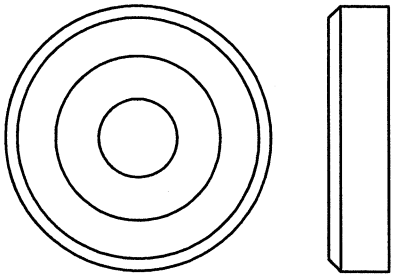
1/2" LONG
SPACER



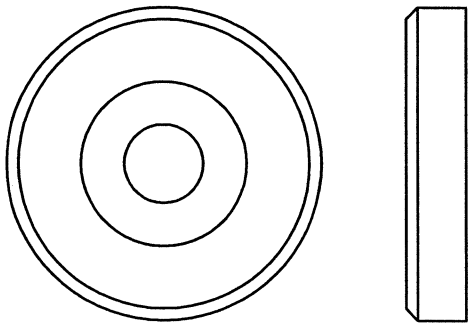
1" LONG
SPACER



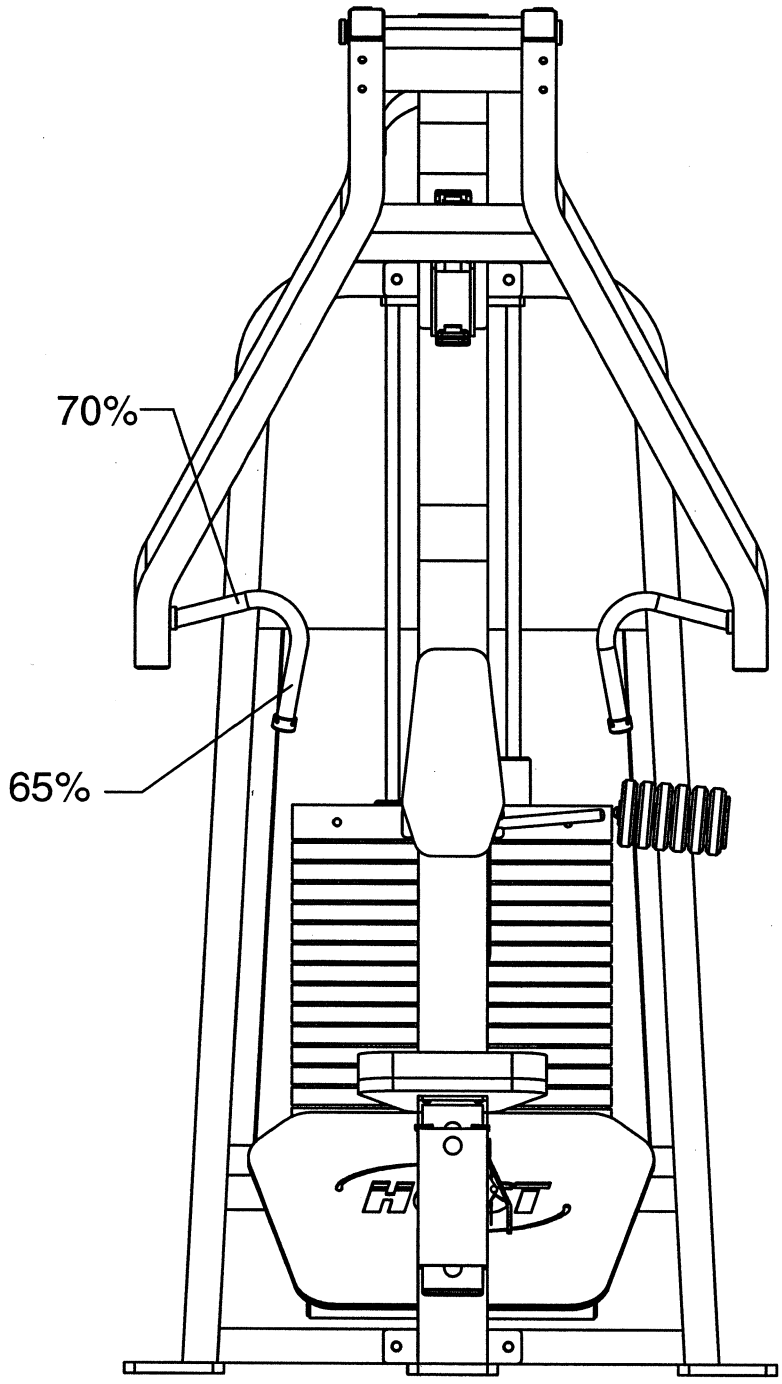
1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



WEIGHT RATIOS



	65%	70%
1	27	29
2	40	43
3	53	57
4	66	71
5	79	85
6	92	99
7	105	113
8	118	127
9	131	141
10	144	155
11	157	169
12	170	183
13	183	197
14	196	211
15	209	225
16	222	239

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

OWNERS MANUAL

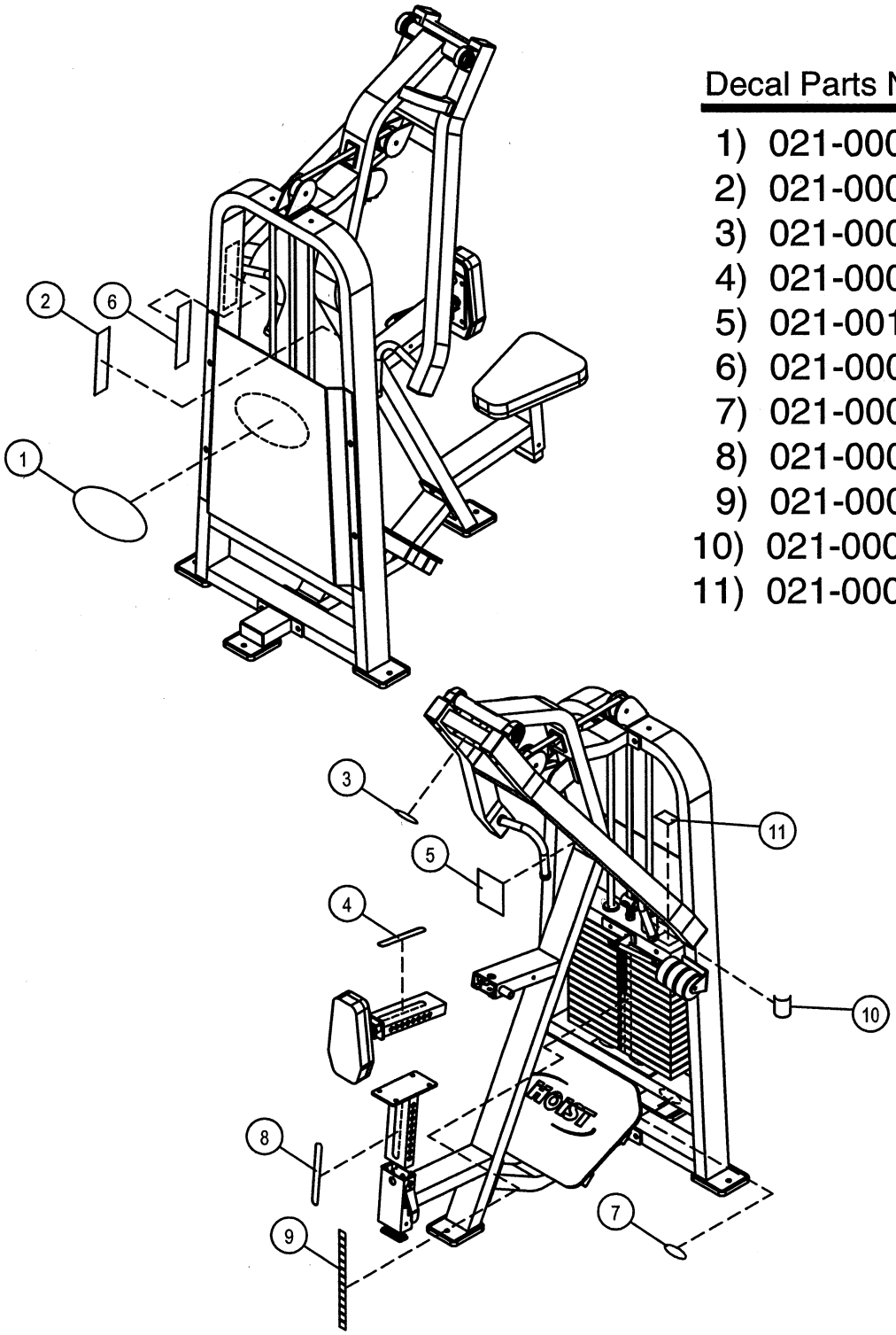
WEIGHT TRAINING EXERCISE LOG

S = Sets R = Repetition per set W = Weight used

| Date | | |

OWNERS MANUAL

DECAL PLACEMENTS



Decal Parts Number

1) 021-0004026
2) 021-0003131
3) 021-0004029
4) 021-0004024
5) 021-0013078
6) 021-0003130
7) 021-0004078
8) 021-0004023
9) 021-0003011
10) 021-0003107
11) 021-0003114

DECAL REFERENCE

021-0004026

COMMERCIAL MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All Nuts and Bolts, Tighten if Needed		X			
Inspect; Anti- Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings			X		
Clean and Wax; All Glossy Finishes				X	
Repack with Grease; Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts					X

NOTICE

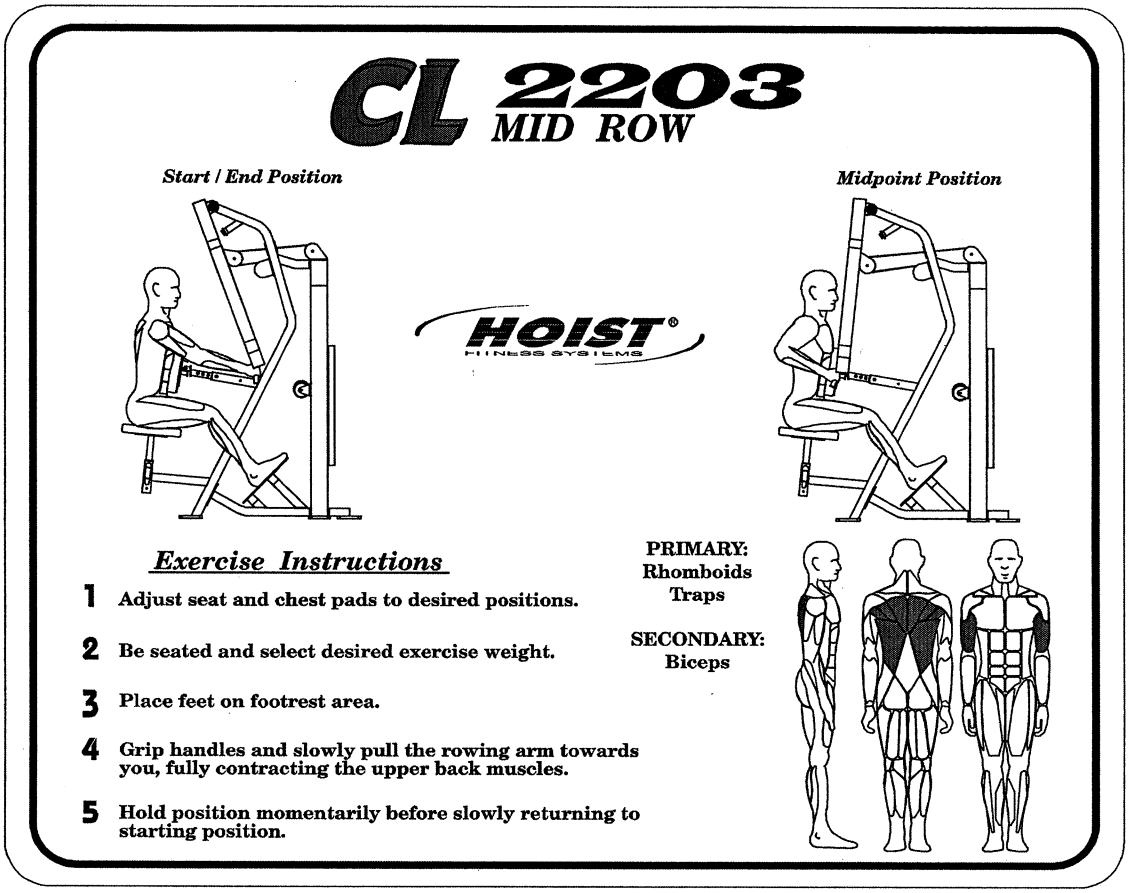
021-0003131

021-0004029

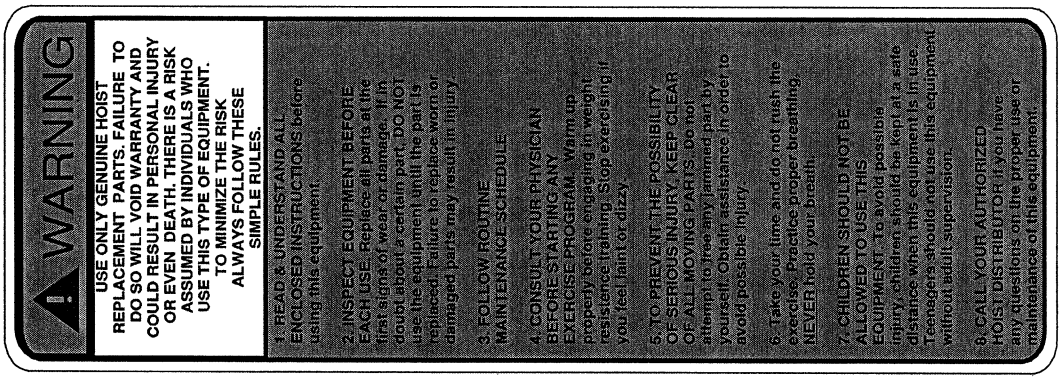
1 2 3 4 5 6 7 8

021-0004024

DECAL REFERENCE


CL 2203
MID ROW
Start / End Position
Midpoint Position
HOIST
FITNESS SYSTEMS
Exercise Instructions
1 Adjust seat and chest pads to desired positions.
2 Be seated and select desired exercise weight.
3 Place feet on footrest area.
4 Grip handles and slowly pull the rowing arm towards you, fully contracting the upper back muscles.
5 Hold position momentarily before slowly returning to starting position.
PRIMARY:
Rhomboids
Traps
SECONDARY:
Biceps

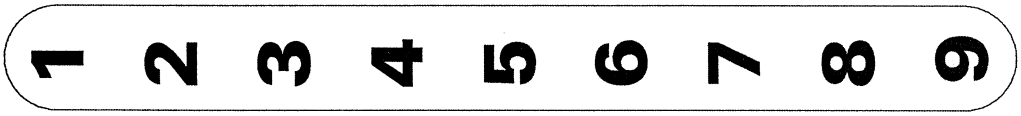
021-0004026


WARNING
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm-up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003130

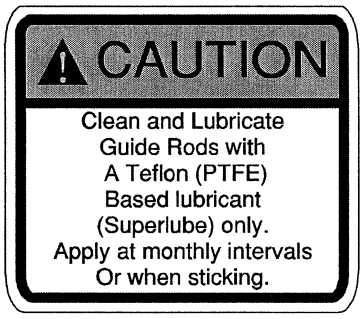
DECAL REFERENCE

021-0004078



021-0004023

021-0003011



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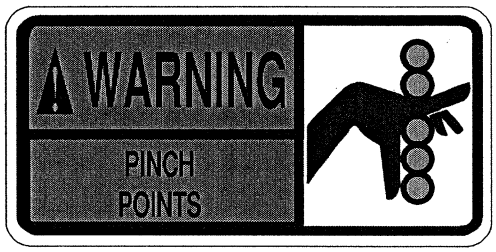

021-0003114

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

**Check all pieces for signs of visible wear or damage.*

**Check springs in snap hooks and pull-pins for proper tension and alignment.*

**If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

**To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

**Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

**Replace ripped or warn upholstery immediately.*

**Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

**Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

**Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

**Inspect all nuts and bolts for any loosening and tighten if needed.*

**Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

**These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

**Hoist uses only high quality belt, and mil-spec cables.*

**Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

**While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

**Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*